

TRICARE BENEFICIARY BULLETIN – JUNE 8, 2012 – 627 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: LORRAINE CWIEKA REPORTS ON CHECKING YOUR CHOLESTEROL LEVELS.

PEOPLE WITH HIGH BLOOD CHOLESTEROL OFTEN DON'T REALIZE THEY ARE AT RISK BECAUSE THERE ARE NO SYMPTOMS. TRICARE ENCOURAGES BENEFICIARIES TO GET CHOLESTEROL LEVELS CHECKED REGULARLY.

CHOLESTEROL IS A WAXY, FAT-LIKE SUBSTANCE FOUND IN THE BODY AND IN MANY FOODS; DEPENDING ON THE FOOD YOU EAT AND THE RATE AT WHICH YOUR BODY BREAKS IT DOWN, CHOLESTEROL CAN BUILD UP IN YOUR ARTERIES OVER TIME. HIGH BLOOD CHOLESTEROL IS A RISK FACTOR FOR HEART DISEASE.

WHEN CHOLESTEROL BEGINS TO BUILD UP IN YOUR ARTERIES, IT BECOMES PLAQUE. PLAQUE NARROWS YOUR ARTERIES AND CONSTRICTS THE BLOOD FLOW. WHEN THERE IS A PARTIAL BLOCKAGE, YOU MAY EXPERIENCE CHEST

PAIN OR ANGINAS. AND WHEN YOUR ARTERIES BECOME COMPLETELY
BLOCKED, YOU COULD SUFFER A HEART ATTACK.

TO FIND CHOLESTEROL NUMBERS, YOU CAN TAKE A BLOOD TEST CALLED A
LIPOPROTEIN PROFILE. TRICARE COVERS A LIPID PANEL TEST ONCE EVERY FIVE
YEARS, BEGINNING AT AGE 18. DEPENDING ON YOUR AGE, GENDER AND RISK
FACTORS, YOU MAY NEED TO TAKE DIFFERENT SCREENINGS. TALK TO YOUR
PRIMARY CARE PROVIDER TO DETERMINE IF YOU NEED YOUR CHOLESTEROL
CHECKED.

FOR BENEFICIARIES DIAGNOSED WITH HIGH CHOLESTEROL, DOCTORS MAY
PRESCRIBE MEDICATIONS TO LOWER THE LOW-DENSITY OR “BAD”
LIPOPROTEINS. LOWERING LDL LEVELS REDUCES THE RISKS OF HEART DISEASE
AND HEART ATTACKS. PATIENTS CAN ALSO ADJUST THEIR LIFESTYLE TO HELP
LOWER LDL LEVELS. THESE CHANGES INCLUDE EATING A HEALTHY DIET,
EXERCISING REGULARLY, NOT SMOKING AND TREATING HIGH CHOLESTEROL.

FOR MORE INFORMATION ON CHOLESTEROL TESTING, VISIT
[TRICARE.COM/COVEREDSERVICES](https://www.tricare.com/coveredservices).

FOR TRICARE MANAGEMENT ACTIVITY, IM LORRAINE CWIEKA.

JUNE 11TH THROUGH JUNE 17TH MARKS NATIONAL MEN'S HEALTH WEEK.

TRICARE RECOMMENDS MEN TALK TO THEIR DOCTORS ABOUT PREVENTATIVE HEALTH SCREENINGS AND RECOMMIT TO A HEALTHY LIFESTYLE.

UNFORTUNATELY, MANY MEN PUT OFF GOING TO THE DOCTOR. MANY OF THE MAJOR HEALTH RISKS THAT MEN FACE – LIKE PROSTATE AND COLON CANCER OR HEART DISEASE – CAN BE TREATED IF DIAGNOSED EARLY. SCREENINGS AND KNOWING THE EARLY SIGNS OF DISEASES CAN LEAD TO DOCTORS DETECTING THEM AT AN EARLIER STAGE WHEN THEY ARE EASIER TO TREAT.

TRICARE BENEFICIARIES DON'T PAY COST SHARES FOR PREVENTIVE HEALTH SCREENINGS FOR HIGH CHOLESTEROL, BLOOD PRESSURE, DIABETES, PROSTATE CANCER AND HIV TESTING. TALK TO YOUR PRIMARY CARE MANAGER TO HELP ASSESS YOUR INDIVIDUAL HEALTH TREATMENTS AND MAINTENANCE NEEDS.

FOR MORE INFORMATION ON COVERAGE FOR PREVENTIVE HEALTH SCREENINGS VISIT TRICARE.MIL/PREVENTIVECARE.

FINALLY: ANNEMARIE FELICIO REPORTS ON GETTING RID OF SWIMMER'S EAR.

SWIMMING IS A POPULAR SUMMERTIME ACTIVITY. FLIPS, DIVES AND JUMPS INTO THE POOL ARE FUN BUT MAY CAUSE WATER BUILDUP IN THE EAR. THIS CAN LEAD TO A COMMON EAR INFECTION KNOWN AS SWIMMER'S EAR.

SWIMMER'S EAR IS AN INFECTION OF THE OUTER EAR CANAL. THE INFECTION CAN OCCUR IN ALL AGE GROUPS; HOWEVER, IT IS COMMON IN CHILDREN AND CAN BE EXTREMELY PAINFUL.

SWIMMER'S EAR OCCURS WHEN WATER STAYS TRAPPED IN THE EAR CANAL FOR EXTENDED PERIODS OF TIME. THE WARM, MOIST ENVIRONMENT PROVIDES A PLACE FOR GERMS TO MULTIPLY AND INFECT THE SKIN. GERMS CAN GET INTO THE EAR FROM THE POOL WATER OR FROM OBJECTS USED TO CLEAN THE EAR CANAL THAT BREAK THE SKIN.

SYMPTOMS OF SWIMMER'S EAR INCLUDE ITCHINESS INSIDE THE EAR, REDNESS AND SWELLING, PAIN WHEN THE EAR IS TOUCHED AND PUS DRAINAGE. TRICARE BENEFICIARIES WHO ARE EXPERIENCING SIGNS OR SYMPTOMS OF SWIMMER'S EAR SHOULD SEEK MEDICAL ATTENTION. IN MOST CASES, SWIMMER'S EAR CAN BE TREATED WITH ANTIBIOTIC EARDROPS. IF YOU NEED MEDICAL ATTENTION FOR URGENT ILLNESSES, CONTACT YOUR PRIMARY CARE MANAGER FOR A REFERRAL OR CALL YOUR REGIONAL HEALTH CARE CONTRACTOR FOR ASSISTANCE BEFORE RECEIVING CARE.

TO REDUCE THE RISK OF DEVELOPING SWIMMER'S EAR, YOU SHOULD DRY YOUR EARS AFTER SWIMMING AND SHOWERING AND USE A BATHING CAP, EAR PLUGS OR SWIM MOLDS WHEN IN THE WATER. IT IS ALSO BEST THAT YOU DO NOT PUT OBJECTS IN YOUR EAR CANAL OR TRY TO REMOVE EAR WAX.

FOR MORE INFORMATION ON RECEIVING CARE THROUGH TRICARE VISIT TRICARE.MIL/GETTINGCARE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)